

## PROFESSIONAL DEVELOPMENT WEBINAR SERIES

### **Brain Boosters: Fads, Facts and Fundamentals**

Sponsored by the Southeast Cooperative Extension Region Nutrition Specialist Workgroup

#### **Session One: September 17, 2019**

Preventing Cognitive Decline and Dementia - Presenter: Demetrius M. Maraganore, MD, FAAN, UF Health, Department of Neurology.

<https://vimeo.com/360667066>

#### **Session Two: October 15**

Physical Activity and Brain Health – Ryan McGrath, Assistant Professor, NDSU Health, Nutrition and Exercise Sciences

Taijiquan (Tai Chi) and Cognition - Dr. Matthew F. Komelski, Instructor, Department of Human Development, Virginia Polytechnic Institute & State University

<https://vimeo.com/366600049>

#### **Session Three: November 19**

Can modifying dietary behaviors modify brain health? - Christy C Tangney, Ph.D., FACN, CNS, Professor, Departments of Clinical Nutrition & Preventive Medicine

Associate Dean for Research, College of Health Sciences, Rush University Medical Center, Chicago, IL

<https://vimeo.com/374275330>

#### **Session Four: December 10**

Applying to Your Extension Program including resources from other states. Speakers include: Julie Garden-Robinson (NDSU), Erin Yelland (KSU) and Chelsey Byers (Illinois)

<https://vimeo.com/378640531>